



SAFETY BEHIND THE WHEEL

Getting your license is a big step and while you may think you're ready to rule the roads, it is important to practice safe driving techniques when you are behind the wheel. Sure, you took a driver's education course, but use the list below as a reminder, or perhaps a quiz to find out just how safe of a driver you are.

Avoid distractions.

- Eating
- Talking on the phone
- Applying makeup or nail polish
- Jamming to loud music
- Searching for songs on your iPod
- Programming a location into your navigation system
- Texting, checking e-mail, Facebook-ing, Tweeting or any other type of phone activity

Drive safely in bad weather.

- Eliminate all distractions and focus on the road.
- Don't follow the car in front of you too closely.
- Turn your lights on and in extreme weather conditions, put on your flashers.
- Use your low beam lights in fog.
- Listen to a radio station with weather updates.
- Avoid sudden lane changes.
- Remember that puddles can hide potholes.
- In heavy fog, roll all your windows down – you may hear other cars before you see them.

Stay alert.

- Eliminate any factors that might detract from reaction time (alcohol, drugs).
- Never drive while drowsy.
- If you are taking prescription medicine, check the label for driving warnings.

Maintain a safe following distance.

- Don't tailgate, you will regret it if the car in front of you stops short.
- Leave a vehicle of space between you and the car in front of you at stop lights.
- If someone is tailgating you, let them pass.

Be safe on road trips.

- Choose a responsible driver.
- Make sure the vehicle is up to date on its maintenance.
- Plan your route or program your GPS before taking off.
- Don't cram too many bodies into one vehicle. Everyone should have their own seat buckle.
- Have necessary items within reach.
- Don't block the rear view with suitcases.

DON'T FORGET TO STRETCH!